

Disaster Preparedness and Emergency Planning

Please visit the following Web sites:

Federal Emergency Management Agency

www.fema.gov

American Red Cross

www.redcross.org

Cut out card along dotted line 

My **doctor's** address and phone:

My local **retail pharmacy's** address and phone:

My local **post office's** address and phone:

Caremark Customer Care toll-free phone:

CAREMARK
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www.caremark.com

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**Being Prepared:
In the Event
of a Weather-
Related Emergency**

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Being Prepared: In the Event of a Weather-Related Emergency

The storm season can be stressful, and even more so for those who have chronic conditions and who may require prescription medication. In order to make sure that you are taking the best possible care of yourself during this season, Caremark suggests using the following information to put together a medication plan in case of a weather-related emergency.

Once you have developed an emergency medication plan, you may want to consult your healthcare provider, especially if you have complicated or difficult-to-administer medications, such as those requiring pumps or nebulizers. You may also want to talk to your child's school or child-care center about their emergency plan regarding your child's medication.

Emergency Plan Guidelines

- Keep all your medications in one location in your house, so that if you need to evacuate you can take them with you.
- Along with your prescription ID card, keep in your wallet a list of your medications, including drug name, strength, dosage form and frequency. Also keep the names and phone numbers of your doctor and the pharmacy that filled your prescriptions in your wallet. You can cut out and use the attached card.
- Stock your emergency kits with vitamins or over-the-counter medications you might need, such as pain relievers, antacids and cold-relief medications in the event you are evacuated to a shelter.

If You Use Caremark Mail Service

If, during a disaster, you do not have access to your prescription medication and you use the Caremark Mail Service, call the Customer Care phone number on your prescription ID card. A representative may arrange for a short-term (usually 10-day) supply of your medication to be picked up at a local participating retail pharmacy. If your local retail pharmacy is unable to serve you after a disaster, the representative can help you find the nearest alternate participating retail pharmacy.

If you are waiting for your medication to be shipped to you and you cannot access your home, check with your local post office for delivery information.



If your medication is being held at the post office and you cannot pick it up, call the Customer Care phone number on your prescription ID card. If you can provide an alternate address, Caremark can ship your medication to that location.

If your medication is shipped with a cold pack, call a Caremark Customer Care representative, who will help you determine how to have your medication sent to an alternate address.

Wallet Card

Fill out and keep this card with your prescription ID card in case of an emergency.

Cut out card along dotted line.

My prescription medications:

Drug Name	_____	Strength	_____
Dosage Form	_____	Frequency	_____
Drug Name	_____	Strength	_____
Dosage Form	_____	Frequency	_____
Drug Name	_____	Strength	_____
Dosage Form	_____	Frequency	_____
Drug Name	_____	Strength	_____
Dosage Form	_____	Frequency	_____